



## It's easy with free Online Group Coaching

Join our Tobacco Cessation Series right from your computer!



### Quitting Tobacco Together

- Sessions are 30 minutes a week for 6 weeks
- See and hear your health coach during each class
- Ask questions and get the answers live
- Start living the healthier life that you deserve!

**Your 6 week program starts Tuesday February 21 at 12:00PM AKT**

Registration REQUIRED: [REGISTER HERE](#)

Space is limited!

**Participants completing all 6 sessions will be entered to win a \$50 Amazon e-gift card\***

\*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4<sup>th</sup> floor, New York, NY 10018

See other side for sign up instructions and class descriptions

# Ready to start getting healthy?

1. Register using the link above.
2. Enter your registration information and click on “register”.
3. Check your email for your registration confirmation email.
4. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
5. Come prepared to learn, interact, and have fun!



## Program details:

### WEEK 1

#### Thinking about quitting

A helpful review of how tobacco may be affecting your health and the benefits of quitting tobacco use.

### WEEK 2

#### Why should I quit?

Learn the pros and cons for using and quitting tobacco.

### WEEK 3

#### Making a quit plan

A discussion of the elements of a quit plan and begin to assess your temptations.

### WEEK 4

#### Using medicine to quit

Review the types of medicine available to help and discuss pros and cons of each.

### WEEK 5

#### Handling temptations

Discuss common temptations and learn how to apply the ACE strategy to address these temptations.

### WEEK 6

#### Dealing with stress and what we've learned

Understand what may be causing stress and discuss strategies for dealing with stress.

## Online Group Coaching

**It's free. It's easy. And it just may change your life.**

